

# Swimming Lessons

## *Swimming Lessons in Northern and Southern Regions*

If the dates and times you want for swimming lessons are not available at Larry Weeks Community Pools at Vint Hill, check-out pages 23 and 28. Lessons sponsored by the Fauquier County Parks & Recreation Department are also scheduled in the **Northern Region** at Lone Oak Recreation Association in Marshall (behind IGA). Call (540) 364-3886 for more information. **Southern Region** at the Bealton Station Apartments, 11166 Willow Drive, Bealeton, VA 22712. Call (540) 788-4867 for more information.

### Swimming Lesson Scholarship Program (YS)

One important goal of the Fauquier County Parks & Recreation Board has been to work toward teaching each Fauquier County child how to swim. A special trust fund has been established to help fund this effort. The proceeds of which will be available to a limited number of youth for the 2009 Swimming Lessons at Larry Weeks Community Pools. If you know of a child less than 10 years of age who does not know how to swim and cannot afford lessons, please make them aware of this program. Information is available at any FCPRD Regional office. See page back page for office locations.

To contribute to this program, please use the “Tax Deductible Gift” form located on page 30. Indicate your gift as “Swimming Lesson Trust Fund”.

### Swimming Lesson Guidelines

- Children not toilet-trained must wear swim diapers. (Diaper machine located in concession cove.)

- Students may need to attend several sessions of lessons before progressing to the next level.

- If a student enrolls in a lesson that is too advanced for his/her skills, FCPRD staff will make every effort to accommodate the student by placing him/her in the appropriate level. However, if the appropriate level is not available during the same dates, the registration fee will be refunded or the student may register for the appropriate level offered during a later session. The student will not be allowed to participate in a level that is too advanced for his/her skills.

- Ages and skills provided in the Swim Skills Progression Chart are guidelines set forth by the American Red Cross.

- The pools are not available for public swim during swim lessons.

### Private Swim Lessons

Private Swim Lessons for children and adults are offered at the Larry Weeks Community Pools at Vint Hill. Private Individual Lessons are de-

fined as having only one child or adult assigned to an instructor. Private Group Lessons are defined as having two (2) or more children or adults who are in the same swimming skill levels. (Refer to the Group Swim Lesson Skills Progression Chart below for more information on determining your swimming skill level.)

Private lessons can be booked any day from 9:00 am-11:00 am and evenings after 7:00 pm. Private Swim Lesson Request Forms are available at all FCPRD Region Offices and the Larry Weeks Community Pools at Vint Hill. Call 540-347-6894 for more information. See page back page for region office locations.

### ~One – 30 minute lesson~

Residential Status	Individual Lessons (Per Child)	Group Lessons (Each add'l child)
County	\$25	\$10*
Non-County	\$38	\$15*

\*(Note: All private group lesson students must register at the same time.)

# Swimming Lessons

## Group Swim Lesson Skills Progression Chart

Skills Screening: Are you unsure of what swim level to enroll your child? For your convenience, FCPRD offers in-water skills screenings at the Larry Weeks Community Pools seven days a week during operating hours. Just come to the pool and ask to have a lifeguard give your child a swim test. Cost is the pool admission fee.

Level	Age	Class Length	Prerequisites	New Skills Taught
Infant/Toddler I	6–18 months	30 min.	Parents must get in the water.	Proper supports & holds, water safety, basic skills, games to encourage participation.
Infant/Toddler II	18–36 months	30 min.	Parents must get in the water.	Building on Level I skills and adding on more advanced skills.
Preschool I	3-5 years	30 min.	Must be able to leave parent willingly and follow directions.	Water adjustment, safety, entry, floating and breathing introduced.
Preschool II	3-5 years	30 min.	Preschool I certificate or be able to submerge face, blow bubbles, front glide and float on front & back.	Back float and recovery, locomotion skills, arm & leg action on front & back.
Preschool III	3-5 years	30 min	Preschool II certificate or be able to swim 3 body lengths with arm & leg action, float on front & back 5 sec. with recovery.	Using guided practice, effectively coordinate combined simultaneous and alternating arm & leg action.
Level I	6-12 years	45 min.	Must be able to participate in a group and follow directions.	Water exploration and safety skills. Entry, floating and breathing introduced.
Level II	6–12 years	45 min.	Level I Certificate or be able to travel 5 yards, submerge face 3 times, front glide, roll to back and float 3 sec.	Achieve success with fundamental skills. Float without support, locomotion skills and alternating arm & leg action.
Level III	6–12 years	45 min.	Level II Certificate or be able to swim 5 body lengths using combined arms & legs, front and back float 15 sec.	Survival float, elementary backstroke, coordinate front crawl. Intro to scissor & dolphin kick. Fundamentals of treading.
Level IV	6–12 years	45 min.	Level III Certificate or be able to swim 15 yards front crawl with rotary breathing, tread water and swim elementary backstroke 15 yards.	Develop confidence in strokes, increase endurance in front crawl & elementary back stroke. Build on scissor & dolphin kick adding arms for sidestroke and butterfly.

## Group Swim Lessons

Location: Larry Weeks Community Pools at Vint Hill • County/Non-County Fee: \$65/\$98

Morning Lessons Session I							
June 22 – July 2							
~Register by June 15th~							
Option	Level	Age	Time	Days	Make-Up Day	Length	Bar Code
1	Water Aerobics	16-Adult	9:00a-10:00a	M-Th	F	2 wks	4021
2	Preschool I	3-5 years	9:00a-9:30a	M-Th	F	2 wks	3941
3	Preschool II	3-5 years	9:00a-9:30a	M-Th	F	2 wks	3953
4	Level II	6-12 years	9:00a-9:45a	M-Th	F	2 wks	3986
5	Level III	6-12 years	9:00a-9:45a	M-Th	F	2 wks	4002
6	Level IV	6-12 years	9:00a-9:45a	M-Th	F	2 wks	4013
7	Infant/Toddler I	6-18 months	10:00a-10:30a	M-Th	F	2 wks	3927
8	Infant/Toddler II	18-36 months	10:00a-10:30a	M-Th	F	2 wks	3933
9	Preschool I	3-5 years	10:00a-10:30a	M-Th	F	2 wks	3942
10	Preschool II	3-5 years	10:00a-10:30a	M-Th	F	2 wks	3954
11	Preschool III	3-5 years	10:00a-10:30a	M-Th	F	2 wks	4023
12	Level I	6-12 years	10:00a-10:45a	M-Th	F	2 wks	3972
13	Level II	6-12 years	10:00a-10:45a	M-Th	F	2 wks	3987

Morning Lessons Session II							
July 6 – July16							
~Register by June 29th~							
Option	Level	Age	Time	Days	Make-Up Day	Length	Bar Code
14	Preschool I	3-5 years	9:00a-9:30a	M-Th	F	2 wk	3943
15	Preschool II	3-5 years	9:00a-9:30a	M-Th	F	2 wks	3955
16	Preschool III	3-5 years	9:00a-9:30a	M-Th	F	2 wks	4024
17	Level I	6-12 years	9:00a-9:45a	M-Th	F	2 wks	3973
18	Level II	6-12 years	9:00a-9:45a	M-Th	F	2 wks	3988
19	Level III	6-12 years	9:00a-9:45a	M-Th	F	2 wks	4003
20	Level IV	6-12 years	9:00a-9:45a	M-Th	F	2 wks	4014
21	Infant/Toddler I	6-18 months	10:00a-10:30a	M-Th	F	2 wks	3928
22	Infant/Toddler II	18-36 months	10:00a-10:30a	M-Th	F	2 wks	3934
23	Preschool I	3-5 years	10:00a-10:30a	M-Th	F	2 wks	3944
24	Preschool II	3-5 years	10:00a-10:30a	M-Th	F	2 wks	3956
25	Preschool III	3-5 years	10:00a-10:30a	M-Th	F	2 wks	4025
26	Level I	6-12 years	10:00a-10:45a	M-Th	F	2 wks	3974
27	Level II	6-12 years	10:00a-10:45a	M-Th	F	2 wks	3989
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# Swimming Lessons

## Group Swim Lessons

Location: Larry Weeks Community Pools at Vint Hill • County/Non-County Fee: \$65/\$98

Morning Lessons Session III							
July 20 – July 30							
~Register by July13th~							
Option	Level	Age	Time	Days	Make-Up Day	Length	Bar Code
28	Water Aerobics	16-Adult	9:00a-10:00a	M-Th	F	2 wks	4022
29	Preschool I	3-5 years	9:00a-9:30a	M-Th	F	2 wks	3945
30	Preschool II	3-5 years	9:00a-9:30a	M-Th	F	2 wks	3957
31	Level II	6-12 years	9:00a-9:45a	M-Th	F	2 wks	3990
32	Level III	6-12 years	9:00a-9:45a	M-Th	F	2 wks	4004
33	Level IV	6-12 years	9:00a-9:45a	M-Th	F	2 wks	4015
34	Infant/Toddler I	6-18 months	10:00a-10:30a	M-Th	F	2 wks	3929
35	Infant/Toddler II	18-36 months	10:00a-10:30a	M-Th	F	2 wks	3935
36	Preschool I	3-5 years	10:00a-10:30a	M-Th	F	2 wks	3946
37	Preschool II	3-5 years	10:00a-10:30a	M-Th	F	2 wks	3958
38	Preschool III	3-5 years	10:00a-10:30a	M-Th	F	2 wks	4026
39	Level I	6-12 years	10:00a-10:45a	M-Th	F	2 wks	3975
40	Level II	6-12 years	10:00a-10:45a	M-Th	F	2 wks	3991
Morning Lessons Session IV							
Aug 3 – Aug 13							
~Register by July 27th~							
Option	Level	Age	Time	Days	Make-Up Day	Length	Bar Code
41	Preschool I	3-5 years	9:00a-9:30a	M-Th	F	2 wks	3947
42	Preschool II	3-5 years	9:00a-9:30a	M-Th	F	2 wks	3959
43	Preschool III	3-5 years	9:00a-9:30a	M-Th	F	2 wks	4027
44	Level I	6-12 years	9:00a-9:45a	M-Th	F	2 wks	3976
45	Level II	6-12 years	9:00a-9:45a	M-Th	F	2 wks	3992
46	Level III	6-12 years	9:00a-9:45a	M-Th	F	2 wks	4005
47	Level IV	6-12 years	9:00a-9:45a	M-Th	F	2 wks	4016
48	Infant/Toddler I	6-18 months	10:00a-10:30a	M-Th	F	2 wks	3930
49	Infant/Toddler II	3-5 years	10:00a-10:30a	M-Th	F	2 wks	3936
50	Preschool I	3-5 years	10:00a-10:30a	M-Th	F	2 wks	3948
51	Preschool II	3-5 years	10:00a-10:30a	M-Th	F	2 wks	3960
52	Level I	6-12 years	10:00a-10:45a	M-Th	F	2 wks	3977
53	Level II	6-12 years	10:00a-10:45a	M-Th	F	2 wks	3993
54	Level III	6-12 years	10:00a-10:45a	M-Th	F	2 wks	4006
Evening Lessons Session V							
June 22 - July 2							
~Register by June 15th~							
Option	Level	Age	Time	Days	Make-Up Day	Length	Bar Code
55	Infant/Toddler I	6-18 months	7:15p-7:45p	M-Th	F	2 wks	3931
56	Preschool I	3-5 years	7:15p-7:45p	M-Th	F	2 wks	3949
Continued in next column							

Evening Lessons Session V (cont.)							
57	Preschool II	3-5 years	7:15p-7:45p	M-Th	F	2 wks	3961
58	Preschool III	3-5 years	7:15p-7:45p	M-Th	F	2 wks	4028
59	Level I	6-12 years	7:15p-8:00p	M-Th	F	2 wks	3978
60	Level II	6-12 years	7:15p-8:00p	M-Th	F	2 wks	3994
61	Level III	6-12 years	7:15p-8:00p	M-Th	F	2 wks	4007
Evening Lessons Session VI							
July 6 - July 16							
~Register by June 29th~							
Option	Level	Age	Time	Days	Make-Up Day	Length	Bar Code
62	Infant/Toddler II	18-36 months	7:15p-7:45p	M-Th	F	2 wks	3937
63	Preschool I	3-5 years	7:15p-7:45p	M-Th	F	2 wks	3950
64	Preschool II	3-5 years	7:15p-7:45p	M-Th	F	2 wks	3962
65	Level I	6-12 years	7:15p-8:00p	M-Th	F	2 wks	3979
66	Level II	6-12 years	7:15p-8:00p	M-Th	F	2 wks	3995
67	Level III	6-12 years	7:15p-8:00p	M-Th	F	2 wks	4008
68	Level IV	6-12 years	7:15p-8:00p	M-Th	F	2 wks	4017
Evening Lessons Session VII							
July20 – July 30							
~Register by July 13th~							
Option	Level	Age	Time	Days	Make-Up Day	Length	Bar Code
69	Infant/Toddler I	6-18 months	7:15p-7:45p	M-Th	F	2 wks	3932
70	Preschool I	3-5 years	7:15p-7:45p	M-Th	F	2 wks	3951
71	Preschool II	3-5 years	7:15p-7:45p	M-Th	F	2 wks	3963
72	Preschool III	3-5 years	7:15p-7:45p	M-Th	F	2 wks	4029
73	Level I	6-12 years	7:15p-8:00p	M-Th	F	2 wks	3980
74	Level II	6-12 years	7:15p-8:00p	M-Th	F	2 wks	3996
75	Level III	6-12 years	7:15p-8:00p	M-Th	F	2 wks	4009
Evening Lessons Session VIII							
Aug 3- Aug 13							
~Register by July 27th~							
Option	Level	Age	Time	Days	Make-Up Day	Length	Bar Code
76	Infant/Toddler II	18-36 months	7:15p-7:45p	M-Th	F	2 wks	3938
77	Preschool I	3-5 years	7:15p-7:45p	M-Th	F	2 wks	3952
78	Preschool II	3-5 years	7:15p-7:45p	M-Th	F	2 wks	3964
79	Level I	6-12 years	7:15p-8:00p	M-Th	F	2 wks	3981
80	Level II	6-12 years	7:15p-8:00p	M-Th	F	2 wks	3997
81	Level III	6-12 years	7:15p-8:00p	M-Th	F	2 wks	4010
82	Level IV	6-12 years	7:15p-8:00p	M-Th	F	2 wks	4018